

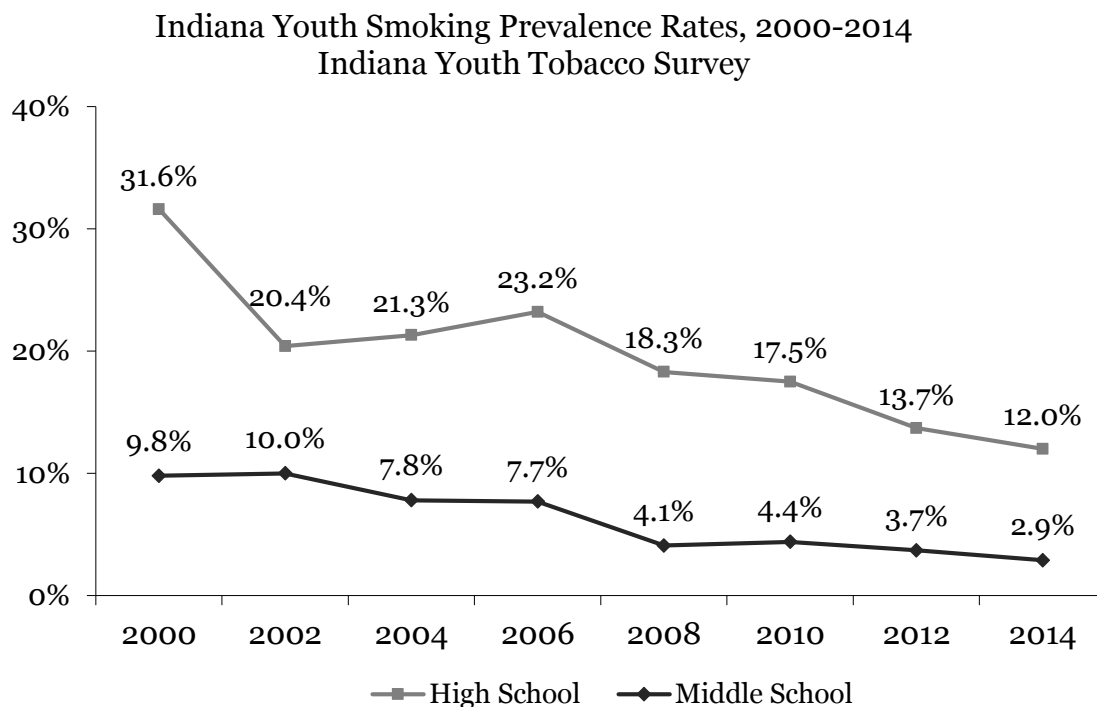
# Indiana Youth Smoking

Tobacco use is the single most preventable cause of death and disease in the United States. More than 5,700 Indiana youth become new daily smokers each year, and an estimated 151,000 Indiana youth currently under age 18 will ultimately die prematurely from smoking.<sup>1</sup> Indiana's tobacco control program includes strategies to reduce youth initiation and access to tobacco. These strategies of public education campaigns, increasing smoke-free air policies, and decreasing accessibility to tobacco are showing progress in reducing youth smoking in Indiana.

## Current Smoking among Youth in Indiana

Data from the 2014 Indiana Youth Tobacco Survey indicate that:

- 12.0% of high school youth in Indiana were current smokers, a significant decline of 62% since 2000.
- 2.9% of middle school youth in Indiana were current smokers, a significant decline of 70% since 2000.
- Dramatic gains have been made among “frequent” smokers or youth who report smoking on 20 or more of the last 30 days. An estimated 5.5% of high school youth and 0.6% of middle school youth are established smokers that will likely become addicted adult smokers, a significant decline since 2000.



Tobacco Prevention and Cessation Commission ~ [www.in.gov/isdh/tpc](http://www.in.gov/isdh/tpc) ~ 317.234.1787  
[www.QuitNowIndiana.com](http://www.QuitNowIndiana.com) ~ [www.indianaquitline.net](http://www.indianaquitline.net)



**1-800-QUIT NOW**  
Indiana's Tobacco Quitline

## **Current Smoking among Indiana Youth, by Gender, Grade, and Race**

- In 2014, the smoking rate among middle school girls (2.8%) was comparable to the smoking rate among middle school boys (2.9%). The smoking rate among high school girls (11.3%) was slightly lower than for boys (12.5%).
- Smoking rates tend to increase with grade levels. While 2.9% of middle school students smoke, approximately 9% of 9<sup>th</sup> and 10<sup>th</sup> grade students smoke. Smoking rates among 11<sup>th</sup> and 12<sup>th</sup> grade students are higher still, at 11% and 19%, respectively.
- At the middle school level, smoking rates are similar among white (2.8%), African American (2.2%) and Latino (3.9%) youth.
- The smoking rate among African American high school students (5.3%) is lower than that of white students (13.0%) but not significantly lower than among Latino (8.5%) high school students.

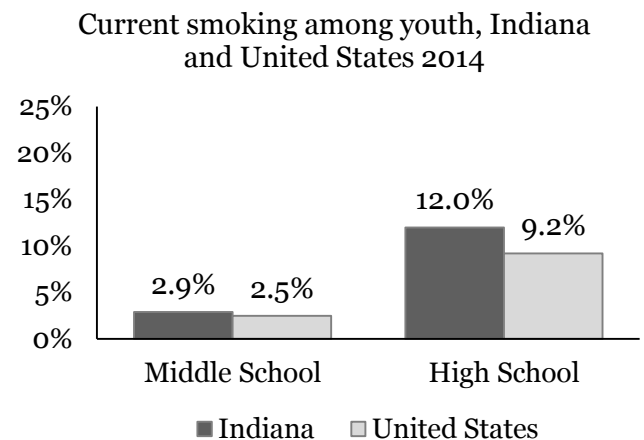
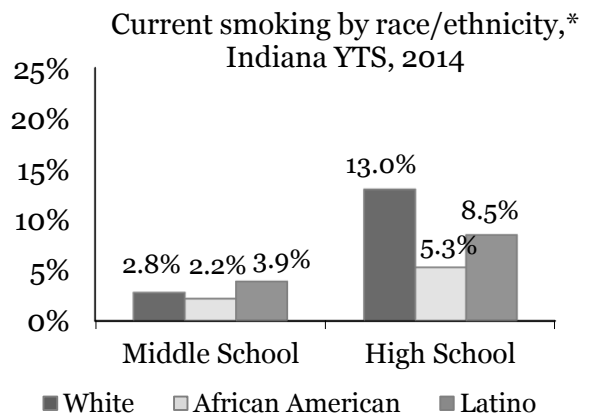
### **Comparison with National Smoking Rates**

In 2014, the smoking rate among Indiana middle school students (2.9%) was comparable to the smoking rate among middle school students nationwide (2.5%).<sup>2</sup> Smoking rates among Indiana high school students (12.0%) were slightly higher than among high school students nationwide (9.2%).<sup>2</sup>

### **Reducing Youth Smoking**

While smoking has declined substantially among Indiana youth, thousands of Hoosier youth continue to smoke cigarettes. Reducing youth smoking will require sustained efforts including:

- Reducing youth access to tobacco and exposure to tobacco marketing.
- Promoting tobacco-free environments.
- Providing evidence-based, tailored assistance for youth to quit smoking, such as the Indiana Tobacco Quitline (1-800-QUIT-NOW).
- Sustained investment in comprehensive tobacco control programs.



<sup>1</sup> Campaign for Tobacco Free Kids. The Toll of Tobacco in Indiana. Accessed November 23, 2015.  
[https://www.tobaccofreekids.org/facts\\_issues/toll\\_us/indiana](https://www.tobaccofreekids.org/facts_issues/toll_us/indiana).

<sup>2</sup> Arrazola RA et al. Tobacco use among middle and high school students – United States, 2011-2014. *MMWR* 2015; 64(14): 381-385.

\*Due to small sample sizes, current smoking rates for Latino and African American youth may be unstable and should be interpreted with caution.

